



Tested Foods The Tribune Institute Tested Tools



What Every Woman Should Know About Her Box of Gelatine

How It Is Made and What It Is Made From—With the Last Word on Food Values

By Anne Lewis Pierce, Director Tribune Institute

SOME twenty years ago you bought gelatine only in the drug store, in shreds or sheets of a dark brownish cast. To-day it is a bright amber, sparkling granulated product, housed in little sanitary boxes and as thoroughly distributed, East and West, as any food product we have. Furthermore, the same progressive science which a short time ago announced that gelatine was an "incomplete" protein; that one would starve on it alone as a protein ration, though still maintaining this point, now admits that it is at least 62 per cent efficient and that it is the carrier of one of the proteins essential to growth and development. (If you crave familiarity with these proteins this one's first name is "lysine," and it has a notable reputation for its building powers.)

So gelatine is coming back into the ration, especially into the menu of invalids or convalescents, with an added prestige due to the appreciation of this special nutritive value and also the new bill of health that modern gelatine has earned for sanitation and cleanly methods of preparation and careful selection of raw material. These, combined with delicacy, variety of uses and ease of consumption and digestion, give it a strong appeal both in hospital and home, for pleasure or health.

Another place where gelatine is welcomed is the tropics, where meats are scarce and hard to keep. There this easily kept source of protein is welcomed. It helped build the Panama Canal we hear on good authority, and though rated at first as a "non-essential" during the war by those who had only a "pink desert" in mind, it was afterward used for convalescents and wounded men quite extensively.

For the old days when glue and gelatine got mixed up in a manufacture are no more, if you are buying a standard brand like the one we saw made—step by step—in Camden, N. J., and boxed and shipped from the packing plant de luxe in Johnstown, N. Y. For it took two little journeys to cover the Knox gelatine industry. We had heard "that a woman runs it," and, foods and women being the two leading specialties of the Institute, we were up and off on the trail of this food story pronto.

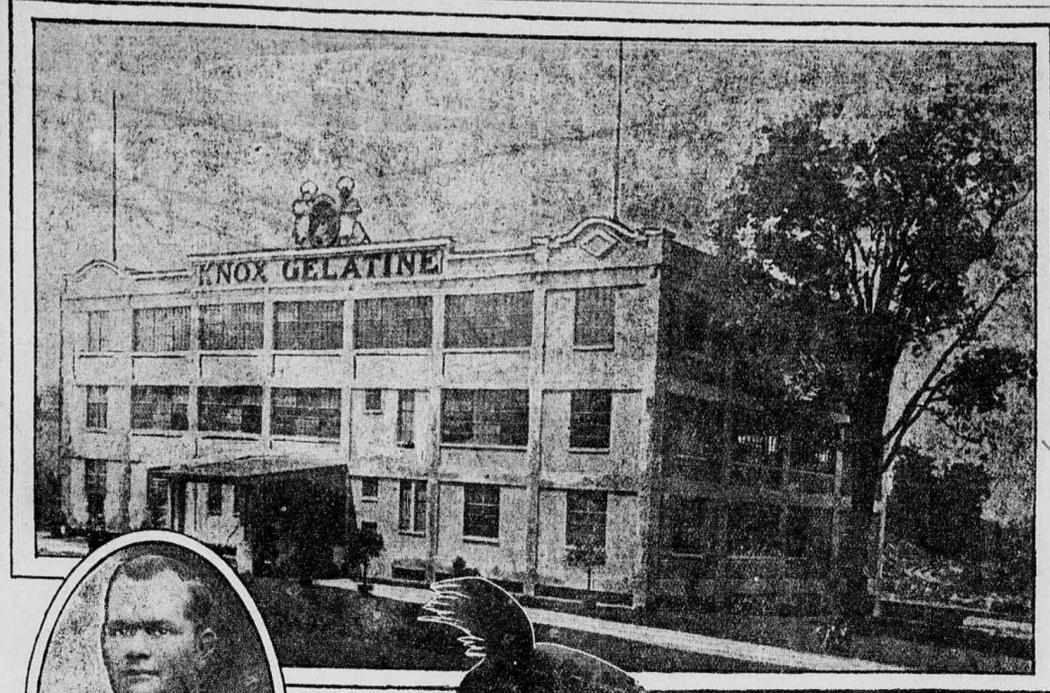
Gelatine News

The poor laboratory rat, which in 192 days comes to the maturity a human would attain in twenty-one years, conclusively proved the point that gelatine was a growth-promoting food by "fading away" on a diet of white bread and butter, but coming back to normal in thirty-seven days when gelatine was added to the menu. Furthermore, even on graham bread and butter the rats gained more—made better use of the food when gelatine was added.

At the Camden Plant, Where Food Standards Are Bettered

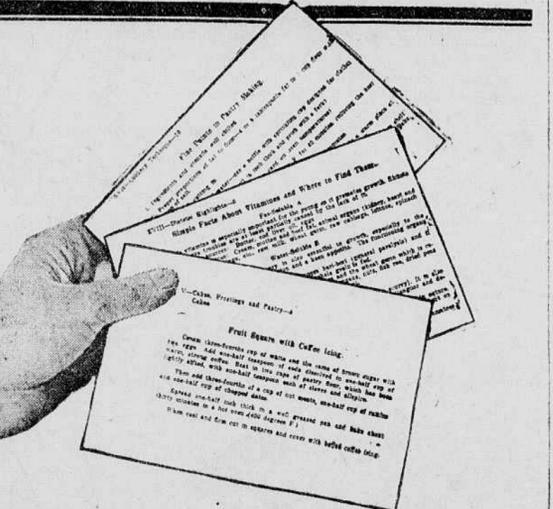
WHAT do you make gelatine out of, anyway? The question is usually asked with bated breath. The layman's guess includes everything from hides and hoofs and old bones to calves' heads and glue.

the governmental experimental to establish standards was conducted and where the chemical tests are made by the official chemist who is also retained by our Institute for testing work) gelatine is made only from the inner strip of the shin bone of healthy cattle. Some 246,000 steers contribute shin bones for this purpose to this plant weekly.



Fresh air and sunshine, system and order, rule every nook and corner of this model packing plant for the last steps in boxing and distributing a sanitary food product.

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Said Ding the Cartoonist

—to A. L. P., the Director of The Tribune Institute, speaking *en famille*:
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United States and South America and the other half from India via England largely, and are certified by reliable English firms. "Why India?" It seems that though the Brahmin's scruples will not permit him to kill for food the cattle are used for draft animals; they develop a large bony structure and are mercifully killed at a certain age—it being also wicked to work them past a

Mrs. Charles B. Knox who, as a home woman, found that it was part of her job to take up her husband's work and hand it on to her son—amplified and improved.

certain time. The hide is used for garments and shoes and the bones are exported. So that is what gelatine's made of—a clean little slab of bone, pure as a bone button!

Through Many Waters
But what happens to it to make it into gelatine is another story. You may think you just stew a bone and it gelatinizes. But not so. It is eleven weeks from the time that a supply of bone reaches the plant before it is turned out a finished, finely granulated amber product ready for the box. It is the handling that presents the difficulties. First the phosphate must be removed, which is done by the use of weak hydrochloric acids, the bone being ground. You get less than seventeen pounds of gelatine out of each 100 pounds of raw material, and every pound handled is washed by 132 pounds of water before it get through the process.

After its first thorough washing



in the 3,000-gallon vats it is pumped into outside tanks where it is limed for three weeks in the open, new lime being added three times. Then for forty-eight hours it is again washed and pumped up into the cooking tanks with their steam coils. It is dropped from here into the receiving tanks and goes to the centrifugals, where 18,000 to 20,000 revolutions per minute serve to separate the heavy solids. Then follow two filtrations through wood pulp to clarify and evaporation under vacuum at 140 degrees (low temperatures are necessary), until a 7 to 15 per cent concentration is attained.

This liquor goes to aluminum-lined tanks and is passed over a moving belt at 25 degrees temperature coming out a thin solid sheet. This in turn is passed onto aluminum racks where it is "stripped," cold air is passed over it and it goes to the drying rooms, kept at 90 to 120 degrees. These rooms are washed

down with formaldehyde every day, and we tasted the partly cooled gelatine right from the rack (it is then 15 per cent strength, whereas when eaten it is only about 2 per cent) and it had no taste or odor even warm and at this concentration.

The grinding follows and the "outsider" begins to recognize the gelatine as he knows it, though it is in large covered, lined barrels, ready for shipment to Johnstown for packing in retail packages and distribution.

This is a very brief survey of the

The Finishing Touches Are Put On at Johnstown, N. Y.

THE lined barrels of sparkling golden powder go to Johnstown, the home of the product, for boxing and distribution. It was here that the industry was born, but it grew too large for the shipping of the raw material inland, so the trim little cream-colored building, with its walls of glass, its trees and brook and fresh air, on the edge of one of the prettiest pre-Revolutionary towns in our country, now only finishes off the job. It does not hurt the looks of the town at all either.

The sidings run up to the back door and carry off the little ounce packages to the corner stores from Maine to California.

By speeding up the machines 100,000 boxes a day can be turned out from this dainty little factory, so "flossy" in its cool creams, and café-au-lait paint and fixtures that one scarcely can believe it is capable of hard work. The four packing machines each fill 35,000 envelopes a day, however, and six girls pack 140,000 envelopes into boxes, while four men operate the machines. This is a neat sample of modern factory efficiency with no flurry and no "back yard." It all makes less flurry and confusion than many an afternoon tea. Indeed, Mrs. Knox says she never learned to keep house properly till she went into business! (There's a thought for housekeepers everywhere!)

At the Center

A center does not need to be large. Within the compact building there are rows of card catalogues, graphic charts, "systems" of various sorts which mean the secret of distribution wisely conducted, not by the hit-or-miss method. And at the center of it all is the woman who at fifty (she doesn't mind your knowing that, either) took up the business her husband left and tripled it in eight years. She is or was an anti-suffragist; she is a notable mother and grandmother; she insists that the creative and difficult part of the work was all done when she began, that she only supplied the detail and elaborated the plan already laid out. It was the next job that came along when the children were grown up, and so she took it on.

This home-staying, non-voting woman also inherited a small newspaper along with the business and found it was trading out its advertising, paying its salaries out of the gelatine profits and otherwise acting as no self-respecting newspaper should; so she put it on its feet,

How to Use Gelatine and When: the Woman's Touch Before and After Making

laborious, long drawn out process necessary to give a perfectly clean product of high jelling quality, free from all contaminations. In the old days many contaminations from utensils and materials used crept into the product. For instance, slight traces of metals are permitted by the government standards as not incompatible with health and clean handling, such as 250 parts per million of sulphur dioxide (molasses will have this or more and it is not to be diluted when eaten as the gelatine is), but the test sheet at the factory that day showed none at all in the Knox brand; of three other metals there were none at all, and on two other points the product was seven times to three times better than the law demanded.

Grades of Quality—On Looks Only

One interesting point is that there are four grades of gelatine, according to whether it comes from the first run of six hours or the subsequent runs of the same length. Now, the last is just as good as the first, as far as purity and wholesomeness goes. But the first has greater jelling powers and is lighter in color. The demand for the very first grade is so great, however, that it has forced the prices very far apart, and one can buy the fourth grade so much cheaper, that the differences in jelling power per 10 cents' worth of material, for example, disappear.

But will manufacturers buy the darker gelatine? They will not. We are great folks for associating color and looks with quality. Note our bleaching flour to get it whiter, and sometimes we are well fooled and get only the outward signs of quality, but no real gain for our money. It is just as well to know when looks mean health, and when they mean "rouge" and powder. Our eating with our eyes is costing us a pretty penny—in some cases with no substantial returns.

to son, enlarged and purified and strengthened in every way—and the son looked at me proudly and said: "Well, what do you think of my boss? It's some job working with mother."

We maintain against all newcomers, and any woman who ever tried to do business with a son or teach him anything outside her "sphere" will bear us out, that this is the greatest triumph of all. Any woman who could win that praise from a son and fellow worker could get elected to any office and hold it down.

All this is back of your ounce package of gelatine. Isn't it worth while knowing about the foods you eat—or should eat?

From Soup to Nuts

"Wine jelly," not so long ago, was the one classic use of gelatine. You met it at dessert and on the invalid's tray. Now, wine jelly is "the one thing there ain't none of." As Aunt Jemima would say, but delicious jellied soups, tomato jelly salads and entrées, delicate aspics quickly made, where once it meant hours of boiling of bones and veal knuckles, turbot for fish dishes, molds of lemon and orange gelatine, carrying fruits or beef or chicken flavored molds for vegetables, fish or cold meats—all these dishes are growing in favor.

And there are several reasons for this. We are getting more artistic and more scientific, both, about our foods here in the United States. Teaching thousands of women every year the science of dietetics is beginning to tell, not only in homes but in institutions, hospitals, tea rooms and hotels, where women are taking a hand in feeding the nation. And gelatine has a distinct appeal, now that its manufacture is carefully standardized and controlled, and its value as a nutritious building protein is established, because of its delicacy, appeal to taste, variety afforded, and ease of digestion.

The old-fashioned course dinner ending with a generous serving of a heavy pudding or iced confection, is giving way to more reasonable and lighter foods. The highstrung, desk-bound, steamheated human of the twentieth century, just can't digest the beef and ale and heavy sweets of former days. And gelatine desserts of all sorts with fruits and whipped cream abound, and even candies, from simple flavored pastes to luscious combinations of preserves and nuts depend on gelatine to hold them together.

So from soup to nuts this obliging and unobtrusive food, with its own food value well established, nevertheless excels in enabling other foods to appear at their best at any stage of the meal, and according to latest advice seems to make them more readily assimilable as well as more easily eaten. Apparently, what the League of Nations really needs is "more gelatine" to hold it together, make it go down easily and help the world to assimilate it after adoption! All foods have their social and mystic phases. Gelatine is a builder and binder. Remember it.

To Tempt a Delicate Appetite

IT'S the general practice in hospitals, you know, to serve things jellied. That is because doctors everywhere realize how healthful, appetizing, and attractive are pure gelatine dishes for the sick and the convalescent.

One of the most tempting things I know of for invalids, as well as for other people with finicky appetites, is a delicate Milk or Ivory Jelly. It's not only decidedly palatable, but extremely nourishing as well, and perfectly simple to make:

1 envelope Knox Sparkling Gelatine
2 1/2 cups milk 1 teaspoonful vanilla
2 cups sugar Few grains salt

Makes eight individual servings.

Soak gelatine in half cup milk five minutes. Scald remaining milk with sugar and add soaked gelatine. Stir, cool slightly, add flavoring and turn into a mold first dipped in cold water and chill. Serve with currant, strawberry or any preferred jelly. Accompany with sugar and fruit, or hot or cold custard. Substitute cream for the milk and the dish becomes "Ivory Jelly."

"Knox Sparkling Gelatine is specified because of exceptional purity."

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